



National Nutrient Database for Standard Reference

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Statistics Report 01145, Butter, without salt

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	17.94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Energy	kcal	717	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	2999	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	0.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	81.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Carbohydrate, by difference	g	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1976
Sugars, total	g	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	24	17	0.789	19	30	4.0	22.021	26.496	7	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1 2 3 4 5 6 7	mg	0.02	18	0.011	0	0.15	7.0	-0.008	0.046	7	Analytical or derived from analytical	--	03/2003
Magnesium, Mg 1 2 3 4 5 6 7	mg	2	18	0.047	1	2	4.0	1.586	1.863	7	Analytical or derived from analytical	--	01/2003
Phosphorus, P 1 2 3 4 5 6 7	mg	24	17	0.463	19	27	7.0	22.488	24.653	7	Analytical or derived from analytical	--	03/2003
Potassium, K 1 2 3 4 5 6 7	mg	24	18	0.622	17	28	2.0	20.879	26.566	7	Analytical or derived from analytical	--	03/2003
Sodium, Na	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn 1 2 3 4 5 6 7	mg	0.09	18	0.011	0.05	0.26	5.0	0.057	0.116	7	Analytical or derived from analytical	--	03/2003
Copper, Cu	mg	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.0	37	0.820	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Fluoride, F 8 9 10	µg	2.8	19	0.674	1.5	3.8	2.0	-0.134	5.667	3	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Riboflavin	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Folate, total	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	18.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.17	4	--	0.13	0.22	--	--	--	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	684	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	671	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta ¹¹	µg	158	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Carotene, alpha ¹¹	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta ¹¹	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	2499	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene ¹¹	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin ¹¹	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) ¹²	mg	2.32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹²	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma ¹²	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tocopherol, delta ¹²	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01002	09/2015
Vitamin D2 (ergocalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01002	09/2015
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01002	09/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	01002	09/2015
Vitamin K (phylloquinone) ¹³	µg	7.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Lipids													
Fatty acids, total saturated	g	50.489	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
4:0 ¹⁴	g	3.226	3	0.120	3.1	3.47	2.0	2.71	3.741	1	Analytical or derived from analytical	--	03/2003
6:0 ¹⁴	g	2.007	3	0.038	1.95	2.08	2.0	1.845	2.17	1	Analytical or derived from analytical	--	03/2003
8:0 ¹⁴	g	1.190	3	0.016	1.16	1.22	2.0	1.122	1.257	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 ¹⁴	g	2.529	3	0.033	2.49	2.6	2.0	2.385	2.672	1	Analytical or derived from analytical	--	03/2003
12:0 ¹⁴	g	2.587	3	0.046	2.51	2.67	2.0	2.389	2.784	1	Analytical or derived from analytical	--	03/2003
14:0 ¹⁴	g	7.436	3	0.020	7.41	7.47	2.0	7.352	7.521	1	Analytical or derived from analytical	--	03/2003
16:0 ¹⁴	g	21.697	3	0.270	21.27	22.2	2.0	20.537	22.857	1	Analytical or derived from analytical	--	03/2003
17:0 ¹⁴	g	0.560	3	0.015	0.53	0.58	2.0	0.494	0.625	1	Analytical or derived from analytical	--	01/2003
18:0 ¹⁴	g	9.999	3	0.096	9.81	10.14	2.0	9.586	10.412	1	Analytical or derived from analytical	--	03/2003
20:0 ¹⁴	g	0.138	3	0.002	0.14	0.14	2.0	0.129	0.146	1	Analytical or derived from analytical	--	01/2003
Fatty acids, total monounsaturated	g	23.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
16:1 undifferentiated	g	1.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
16:1 c ¹⁴	g	0.961	3	0.008	0.95	0.97	2.0	0.928	0.993	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	20.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
18:1 c ¹⁴	g	16.978	3	0.397	16.21	17.52	2.0	15.271	18.686	1	Analytical or derived from analytical	--	01/2003
18:1 t ¹⁴	g	2.982	3	0.112	2.76	3.13	2.0	2.501	3.463	1	Analytical or derived from analytical	--	01/2003
20:1 ¹⁴	g	0.100	3	0.009	0.08	0.11	2.0	0.063	0.137	1	Analytical or derived from analytical	--	03/2003
22:1 undifferentiated ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Fatty acids, total polyunsaturated	g	3.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
18:2 undifferentiated	g	1.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
18:2 n-6 c,c ¹⁴	g	2.166	3	0.024	2.13	2.21	2.0	2.064	2.268	1	Analytical or derived from analytical	--	01/2003
18:2 CLAs ¹⁴	g	0.267	3	0.017	0.24	0.3	2.0	0.194	0.34	1	Analytical or derived from analytical	--	01/2003
18:2 i ¹⁴	g	0.296	3	0.048	0.2	0.36	2.0	0.089	0.503	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	1.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
18:3 n-3 c,c,c (ALA) ¹⁴	g	0.315	3	0.013	0.29	0.33	2.0	0.259	0.371	1	Analytical or derived from analytical	--	01/2003
18:4 ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
20:4 undifferentiated ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
20:5 n-3 (EPA) ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
22:5 n-3 (DPA) ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
22:6 n-3 (DHA) ¹⁴	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Cholesterol ¹⁴	mg	215	3	1.261	213	217	2.0	209.864	220.717	1	Analytical or derived from analytical	--	03/2003
Stigmasterol ¹⁴	mg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Campesterol ¹⁴	mg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Beta-sitosterol ¹⁴	mg	4	3	0.118	4	4	2.0	3.566	4.58	1	Analytical or derived from analytical	--	01/2003
Amino Acids													
Tryptophan	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

⁸Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

⁹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

¹⁰A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

¹¹National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997

¹²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

¹³S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

¹⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD